

PACER WRESTLING NEWS – WEEK OF DECEMBER 2

Thanks to everyone who helped with the craft fair! It's a big help to a lot of people!

This Week's Schedule:

Monday -

Tuesday - practice 3:00-5:25 - Milan will be here for anyone who has not done their **skinfold**.

We still have a lot of open spots in our lineup, so **new wrestlers would be most welcome**.

Wednesday - practice 3:00-5:00 (out early for those who want to attend Advent services).

Thursday - Dual Meet @ Cudahy - All wrestlers - competition starts at 7.

We will get matches for as many as we can, but won't know for sure until shortly before the meet begins.

Friday - practice 3:00-5:00

Saturday - tournament @ Richmond-Burton HS (near Wilmot)

A bus will probably leave around 7:00 If you live near Wilmot or Antioch and want to drive there directly, that's possible; just make arrangements with me.

Email list I think I have a complete list. This weekly update goes out to all parents and wrestlers (including managers), and coaches. Ask your parents if they are getting this and let me know if they aren't.

Dual Meet - @ Cudahy, Thursday, Dec 5 - 7 PM

4950 S Lake Dr, Cudahy, WI 53110

Schedule:

3:00-4:00 Study Hall

4:00-4:45 Free time

4:50 - Load bus

6:00 weigh in

7:00 wrestle

Time for our first wrestling meet! Cudahy has often arranged to wrestle exhibition ("JV") matches, so we are hoping to get matches for all our wrestlers, so a lot of you could get your first wrestling match. A little nerve-racking, but an exciting, fun challenge! We've put in a lot of work and are ready!

Wrestlers are allowed to eat after weigh-in, **so be sure to bring some healthy food!**

Wrestling will probably be done by 8 or so, so we should be back to school around 8:30.

IF you want to get a ride home from your parents instead of taking the bus, there will be a sheet for parents to sign out on. If you are planning on having your child get a ride with someone else, please communicate that to me beforehand (my cell # is 262-417-6414).

We will talk this week about how to prepare for the meet.

Tom DuBois Tournament - Richmond-Burton High School - Saturday, Dec 7

8311 State Rte 31, Richmond, IL 60071

Update:

Weigh - in: 7:15

Bus load time request: 6:20

This is a new tournament for us this year. This offseason, I tried to get us into tournaments that would be shorter drives for us. This one is only 41 minutes from Shoreland, much shorter than, say, Fond du Lac or Sheboygan.

I am still waiting for details from them and will share them with you as soon as I get them.

I'm guessing on a bus departure between 7-7:30. If you live in the area and want to drive there yourself, let me know and I'll tell you when to get there.

Wrestling start times at tournaments depend on various factors, so published start times are more of a hoped-for time than a strict schedule. They say 9am. We will hopefully be done around early to mid-afternoon.

Remember to bring food for after weigh ins. In past years, some parents have sent extra food and/or water for other wrestlers to share. If you would like to do this, you are welcome, but not required, to do so.

Format: 16-man bracket **Team Scoring:** Team scoring will follow NFHS guidelines.

Weigh Ins: 7:15am-8:15am **(There will be a 2 lb. allowance due to participating teams that are scheduled to wrestle Thursday & Friday.)**

(So if you are weighing in at 126 lbs. for example, you need to weigh 128.0 or less. I would still estimate 9-9:30 start time.)

Breakfast: The RB Booster Club will serve breakfast from 7:30-9:30am. Breakfast will include pancakes, sausage, eggs, toast and milk or juice and will be \$5.00 for all you can eat. There will also be a concession stand during the tournament.

Contact info (in case coaches need it) (Head Wrestling Coach-Tony Nelson tnelson@rbchs.com)

TOURNAMENT MANAGER: Naomi Hyerdall - 262-893-7657 or nhyerdall@att.net

Wrestling is scheduled to begin at 9:00am